

**POSTURE-DANCE FRAME-BODY ALIGNMENT-BALANCE-CARRIAGE-CBM-CBMP**

**POSTURE** -- The way we stand with arms at sides

**DANCE FRAME** - Proper body alignment (body parts are stacked, arms up, forward and rounded, abs engaged, lats engaged, shoulders down, centered, and balanced). - Engaged and ready to dance. **Needed for balance, control, appearance and style.** Dance frame is critical for proper balance and control during turns, as well as lead /follow in couples dancing.

**BODY ALIGNMENT** - Proper stacked body parts. Head over shoulders, over hips, over the working foot.

**BALANCE** - A state of equilibrium resulting from being centered. To keep the center of the mass over the base. Knees are soft and body are stacked providing body stability. Proper dance frame provides balance.

**CENTERING** – Keeping the body (core) over the working foot. This is very important for balance during turns and spins.

**ARMS** -Curved and held forward, like an extra pair of ribs. Line dance arms are curved and held forward at the waist level.

**BODY MOVEMENT** – The relationship of the body to match the foot work.

**CARRIAGE** - The way the body moves across the dance floor in proper dance frame.

**FOLLOW THROUGH** -The non-support foot passes by the weighted foot through the center in 1st position before stepping in a different direction.

**CBM (CONTRA BODY MOVEMENT)** - The action of simultaneously moving the opposite hip and shoulder toward the direction of the moving leg. It is used for preps and finishes in most turns. Provides a twist and stretch of the abs for energy to unwind (turn). Think “Twist-Torque-Turn”.

**CBMP (CONTRA BODY MOVEMENT POSITION)** - A position achieved by moving the leg to get CBM, by crossing one foot in front or behind the other.

**WEIGHT CHANGE THEORY/DANCE WALK** – Keeping the center mass (core) centered over the working (weighted) foot. Keep feet under the frame.